



Profiles in Wellness



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I had been working in the field of aging for over 15 years and teaching many classes on healthy lifestyle. Finally, I decided that it was time for me to practice what I preached.

Six years ago in January, I joined a gym and began exercising. I worked out 4 - 5 days a week in aerobics, strength training, and stretching. I have found this routine gives me more energy, lowers my blood pressure, and keeps my once bad back from hurting. In fact, when I am traveling and away from the gym for 3 to 4 weeks at a time, I notice a big difference. My back starts hurting, my blood pressure increases and I am more tired. Even if I wanted to, I could not quit now that I have worked so hard to get into this routine cause my body would say “Oh, no you don’t – get to the gym” and off I go most mornings of the week.